Home-Style Miso Soup
(*Omiotsuké*)

御御御つけ



There are many words used to describe *miso* soup in Japanese, each with its own nuance of flavor: the prosaic *miso shiru* is a generic word meaning "bean paste broth," while *miso ji-daté* is a functional term meaning "cooked with bean paste." Here, I choose the word *omiotsuké* to show deference to home cooks whose culinary skills provide nourishment for others. *Omiotsuké* is written with a string of three consecutive honorific calligraphy ending in the calligraphy "*tsukeru,*" which means "to attach or fasten." 御御御つけ (Omiotsuké)

Makes 4 portions.

2 tablespoons dried *wakamé*
1 package *énoki* mushrooms, about 3 ounces, trimmed and cut into short lengths
1 small package (6-8 ounces/200 grams) firm (*momen*) *tōfu*, drained
2 scallions, trimmed and finely sliced
3 and 1/2 cups *dashi* (basic sea stock)
3 scant tablespoons *miso*, preferably *mugi miso*

Place the dried *wakamé* bits in a 2-cup bowl (they will expand to many times their original size) with one cup of tap water. Let the dried *wakamé* sit for 5 to 10 minutes or until just softened. Longer soaking reduces the nutrition and flavor. Drain and chop coarsely if the pieces are awkwardly large (often hard to tell in their dried state). Divvy up among individual soup bowls.



Trim and cut the *énoki* mushrooms into short lengths and separate the caps from the stems. Place the *énoki* caps directly into individual serving bowls. Place the remaining stem portions of the *énoki* into a pot with the stock and slowly heat to just a simmer. When bubbles begin to break at the rim, cook for one minute.



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Drain the *tōfu* and cut it into small cubes. Most Japanese cut *tōfu* on their hand. *Tōfu* is porous and easily absorbs odors and germs from cutting board surfaces. The knife blade will not cut your palm, and clean hands are more sanitary than most cutting boards.





However, if you feel uncomfortable with this, place the *tōfu* on a clean board, preferably one lined with paper towels to absorb excess moisture and provide a more sanitary cutting surface.

Add the *tōfu* to the soup along with the stem portions of the *énoki* mushrooms and heat through.



Add the *mugi miso* to the hot broth. Either place the *miso* in a special *miso koshi* (fine-meshed strainer with a deep bowl that can be dipped into the pot; left) and stir directly in the pot.

OR, place the *miso* paste in a separate bowl and ladle in some of the broth, stirring to mix it before adding this thinned *miso* concentrate to the pot.

Pour the *miso*-enriched broth over softened *wakamé* and *enoki* caps in individual bowls. Serve immediately.



scallions







mugi miso (barley-enriched)

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